



VERMONT VETERANS' HOME

VOLUME 6, ISSUE 4

APRIL 2015

# The BUZZ WORD



**The greatest healing therapy is  
friendship and love.**

**—Herbert Humphry**

## FACTS ABOUT FALLOW DEER

**Did you know Fallow deer have coats that change between summer and winter?** Some of the coats are reddish brown with white spots, to black, to brown or white with fewer noticeable spots. In winter the coats become darker and thicker and some of their spots disappear only to reappear in the summer.

**Did you know Fallow deer are known for the gigantic shovel like, flat antlers?** At age 2, males develop single spike antlers. At age 3, their antlers turn into big, beautiful flattened antlers.

Photo By: Al Faxon



**Did you know Fallow deer live a long life?** Fallow deer are known to live up to 15 years, longer in captivity.

**Did you know Fallow deer are one of the most vocal deer species?** They spend a lot of time and energy during breeding season vocalizing. Their calls sound like "groans" and some Fallow deer will

groan up to 3000 times per hour.

**Did you know mating season, or rut, starts in late September and peaks in mid-October?** The doe usually give birth to a single fawn between late May and mid-June.

**Did you know Fallow bucks lose approximately 25% of their body weight during breeding season?** The weight loss is mainly due to the cessation of feeding. Also, they invest a lot of time and energy in vocalizing and fighting in order to gain any mating opportunities.

**Did you know the Fallow deer are herbivorous grazers?** They eat grass, herbs, leaves, nuts, fruit, berries, bark and fungi.

**Did you know there are Fallow deer right here on the VVH campus?** In October 2014, VVH became home for 24 Fallow deer. The community may come on campus and visit the deer. Bring some apples and bananas and you may get lucky enough to have a close up encounter.

## DONATION INFORMATION

Your donations are gratefully accepted. Please make check out to Vermont Veterans' Home:

**Vermont Veterans' Home  
Business Office  
325 North Street  
Bennington, VT 05201**

Please indicate to which fund(s) you are donating:

### Members Assistance:

Directly to Veterans/Members  
Furniture  
Haircuts  
Clothing  
Other personal needs

### Namaste Program Fund:

Oils for relaxation  
Supplies  
Equipment

### Unrestricted Fund:

Facility equipment  
Large purchase

### Activities Fund:

Entertainment

### Music & Memory Fund:

iPods  
Headphones  
iTunes cards

## THE BUZZ WORD

Three ways for you to receive the Vermont Veterans' Home monthly newsletter:

- ◆ Vermont Veterans' Home website:  
[www.vvh.vermont.gov](http://www.vvh.vermont.gov)  
Click on About Our Home  
Click on Newsletters
- ◆ Email
- ◆ Mailing List

Please contact:

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Email:  
Barbara.Fitzgerald@state.vt.us



VERMONT VETERANS' HOME

*Fulfilling the Promise*

**325 North Street  
Bennington, VT 05201**

**The Vermont Veterans' Home was established in Bennington in 1884. It is governed by a Board of Trustees appointed by the Governor. The VVH offers a complete range of specialized care services for its residents. VVH goals focus on insuring the dignity, independence, and the highest possible care and quality of life for each resident.**

**VVH is licensed to meet all levels of care for its residents and the VVH's departments and staff work together to provide those levels of care.**

*For any Further Questions Please Contact:*

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## Chaplain's Corner...



Howdy Folks,

Halleluiah! The Vernal Equinox (1st day of Spring) is finally here. Have you ever been more anxious to have springtime arrive? It's been a long haul of a winter for sure. Sure will appreciate some warm weather and sunshine to welcome God's colors popping out of the ground.

For Christians around the world it is the Lenten season. This is the 40 days before Easter when Christians give up something in remembrance of the suffering of Jesus Christ. It's a time of penitence and fasting. Some think Lent is a season for Catholic's only...not true. A majority of Protestant churches participate in the Lenten sacrifices.

Historically, starting on Ash Wednesday we make a commitment to give up something that is important to us as an exercise in self-denial. Usually, it is something like ice cream, delicious desserts, coffee, beer or soft drinks. Or how about chocolate?

At my church here in Shaftsbury we are trying an idea taken from James Moore's book "Give Up Something Bad for Lent." Mr. Moore is a popular speaker, preacher and writer of several books on theology and religion. The idea is to give up something bad that hopefully we can give up more permanently, as opposed to just the 40-day period. Perhaps we could give up bad language, envy, jealousy, self-pity, apathy or procrastination. I should be listening; interrupting others when they are in conversation is also a bad trait I wish to give up. So Christians, unless you're perfect! Perhaps you can think of a bad habit that you can give up or reduce on a permanent basis. One awful thing many do is to use the Savior's name in vain. It is blasphemy to use the name Jesus Christ in conversation (cursing), except when praising Him.

On 4~5 March our Jewish friends celebrated Purim; the deliverance of the Jewish people from massacre plotted by Haman. Haman, a high official in the Persian Empire devised a plan to eradicate all Jews. However, Esther became aware of the plot, and took advantage of her privileged position to approach the King and reveal it to him. The King executed Haman and saved the Jewish people (See Old Testament Esther 9:24~26). This is a very worthy even for celebration.

Let's praise God for His blessings on this great Veterans Home Family. And let's stay aware that God is present in all our actions no matter our condition of circumstance.

God Bless and Happy Easter to Everyone!

Chaplain Ken

P.S. God loves us and there is nothing any of us can do about it.



## Hale Mountain Pickers





# Donations

On behalf of the Veterans/Members, we sincerely thank the following for their generous donations.

Bill Blown  
Paul Leon  
Deb Roy  
Phyllis M. Roberts  
Harlene Cheeseman  
Bridges Program—Rose Lane Residents  
Donna Kelly  
Jacob W. Shea  
AL The 49r's Fair Haven Post 49  
Arlington AL Auxiliary Unit 69  
**In Memory Of Leonard Farrington**  
John Douglas and Laurie Bates  
Michael and Ann Caslin  
James and Karen Horrigan  
Joanne Farrington  
Francis and Diane Roy  
Gregory and Patricia Dwyer  
Kenneth and Elaine Coonradt  
Janet Fabricius  
Thomas and Gail Caron  
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James and Mary King, Jr.  
William and Doris Dwyer  
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Ronald and Kathleen Ascher

Eagle Hose Company  
Dave Snow  
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Robert Cummings, Jr., Esq.  
Charles and Priscilla Salem  
Ted and Fran Whitman  
Helen Whitman  
Sue Connor  
John Ryan  
**In Memory of Charles Parslow**  
Janice Yager  
The Parslow Family  
M. Patricia Angrisano  
**In Memory of Edwin Colvin**  
David and Sharon Chapman  
Chester and Beryl Basher  
John and Joan Wood  
Walter and Dawn King  
Faye and William Hardy, Jr.  
Charles Becker  
Kenneth and Elaine Coonradt  
Jane Altobell

## BEREAVEMENT SUPPORT GROUP

**Tuesdays at 2:30 pm**

**Located in the Chapel at the Vermont Veterans' Home**

For adults living with loss due to a death. Find comfort, coping skills and support Confidentiality is always respected. No fee to attend this group.

## CAREGIVERS SUPPORT GROUP

**Tuesday, April 21, 2015 at 1:00-2:00**

**A. Luke Crispe Room**

*If you have questions, please contact: Bill MacMillan at 802-447-6524*

## ALS SUPPORT GROUP

**April 9, 2015 at 1:00 pm**

**Namaste Room on American Way**

*Please contact Christina Cosgrove, 802-447-2792, for more information.*

***From the Administrator...***  
***Melissa Jackson***

Dear Family and Friends,

It has been nice to see glimpses of spring and the grass underneath all of the snow. The first week in March Al, Joe, and I attended the National Association of State Veterans' Homes (NASVH) Winter Conference in Alexandria, VA. We were hoping to experience some early spring weather instead we brought Vermont weather to Virginia. It is amazing that 4 inches of snow can completely shut down an entire city.

NASVH meets yearly in Virginia to provide two days of educational sessions and one day to visit your Congressional Delegation. The educational seminars were informative and we brought back some great ideas to share with our staff. VVH even presented to the NASVH membership one of our "Best Practices" which was the elimination of restraints and elimination of audible alarms used to prevent falls. This presentation was well received and it was my pleasure to present to my colleagues the great work the staff on VVH does every year.

Our meetings with our Congressional Delegation went very well. They all pledged their support to the home and acknowledge the outstanding job the staff does in caring for our Veterans and Members. We hope to see each of them visiting the facility in the near future.

Secretary MacDonald, the Veterans Affairs Secretary, made a brief appearance at the conference and provided an overview of improvements he hopes to make to the Veterans Affairs system. He was very supportive of the State Veterans' Homes and looks forward to working together closely.

As a Regional Director for NASVH I am able to keep my finger on the pulse of upcoming changes, issues and concerns impacting the State Veterans' Home system. Our region is very active and we meet as a group outside of the two NASVH conferences each year to share ideas, policies and procedures, and help each other find solutions to challenging issues we face.

We have some great programs planned for the spring and summer. I look forward to seeing you there.

Take Care,

Melissa A. Jackson  
BSW, LNHA  
CEO/Administrator



***Breakfast with Tony***



Tony Antonio has been at the Veterans' Home serving his fellow Veterans for 35 years. Tony loves to make the guys and gals happy by coming in and making them a special breakfast every now and then. It's something the Veterans and members really enjoy.

***Leisure Time***



Mr. Cole spending his leisure time getting acquainted with his guitar again. The Veterans and members are encouraged to continue their interests, hobbies and leisure activities.



## From Deputy Administrator... Colonel Al Faxon



During the first week in March the Boss and I attended the National Association of State Veterans' Homes Conference in Washington DC. A great event as always...the CEO, Melissa gave a tremendous presentation to this national audience; we had successful in-calls with both Vermont Senators and solo Congressman.....additionally, I had the opportunity to visit the U.S. Marine Corps Museum in Quantico Va. The flag pictured above is the actual flag that flew over Iwo Jima....gives you goose bumps seeing it in person, and as always....it reminded me of the many sacrifices you Veterans made for our Country....Thanks!



Spring must really be on its way even if it does not feel it....the other day when I arrived at work there was an unwanted scent in the air...under the front deck was the largest skunk I had ever seen....at least a 30+ pounder, and he/she let its presence (not presents) be known. As we did last year, we must relocate the bird and squirrel feeders further away from the building because of the critters that come to feed....sorry about that!

S/F

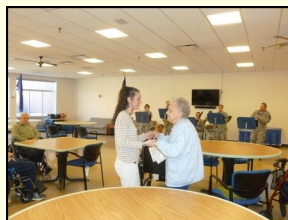


**Calling all car enthusiasts! Mark your calendars!** The Vermont Veterans' Home and the State Line Car Club invite you to our Fathers' Day Car Show on June 21. Show off your automobile or to enjoy the afternoon with a host of great vehicles on display. **Admission is free** and over 2000 people attended last year. With the Bennington Car Show potentially cancelled for this year, we hope to see you on our beautiful campus. Further information will be provided in the months to come.

### 40th Army Band Ensemble



The Band



Michelle and Jeannette



Enjoying the Performance



Close Up

### March's Valor Program



L to R: Bob, Theresa, John Miles and Shirley



John Miles talking about the Gallowglass in Ireland



The Audience



John Miles in his Kilt.





## Travels With Steve

Here we are back in the good 'ol USA. In fact we are at my friend's "farm" in Warrenton, Virginia.



I use the term "farm" very liberally because it really is not a farm but more of a gentlemen's retreat. Sam and Michele have 3 quarter horses (Handsome, Big Jim and Blue), 2 donkeys (Truffles and Leonardo), 4 dogs (Senor Jefe, June, Cooper and Addie), about 30 hens (for eggs) and about 12 barn cats (don't ask me to name them). Marshfield has been in the family since 1897 and it is a great retreat just to get away and relax. There are numerous trails, a round pen for the horses, a stream



with a waterfall and about 200 trees. This year the ponds got an overhaul and they are magnificent looking. The sound of running water is very soothing when we are eating on the porch or at the end of one of the lanes, as I call them.



There is always something going on at the farm. This year Michele purchased about 23,000 bulbs which need planting along with the vegetables for the formal Appleton Gardens. Marshfield is about 40 acres of rolling Virginia hillside and it is beautiful. This year the farm is the main attraction for the Warrenton Garden Society in late April. Another event that is always happening is the hunt. For those of you who do not know

what I mean, I mean a fox hunt. I did not know about it until I first went there in 2003. Seeing the horses, hounds and the hunters in their Pinque coats, is really awe inspiring. The Pinque coats are those bright red coats that the hunters wear. They are called Pinque



because of the person who first made them and not because of their color. How I digress. The hunt usually starts early in the morning and ends about 3pm in the afternoon at someone's house/estate that provides food and drink for everyone. There are usually about 80 to 100 people who participate in the hunt and the age of people is between 12 and 80. People are really serious about their horses and how they are cared for.



Getting back to the farm, the day usually begins about 6:30am because the horse stalls need to be cleaned, then the horses brought in to be fed, brushed and then returned to the fields. Next to be fed are the donkeys, cats, hens, dogs and finally the humans. Sam will make the coffee so by 9ish we are ready for some nourishment. After that, the other chores start – moving hay, picking up the manure, replacing the hay in the stall, checking the gates. It is real tiring but real rewarding. At the end of the day Michele makes



a great dinner for us to enjoy and then sitting out on the patio, it is just enjoying the sunset with a nice glass of scotch and a cigar. Life doesn't get any better when you are with friends and family. I look forward to spending time at the farm and to get away and do nothing. As always, it is difficult to leave but when I leave I know that my next visits will continue to be special and memorable.

P.S. As a side note of history, a cousin of Sam's mother, Eben Appleton, gave the flag that inspired Francis Scott Key's "Star-Spangled Banner" to the Smithsonian Institution in 1912. He said later, "It is always such a satisfaction to me to feel that the flag is just where it is, in possession for all time of the very best custodian, where it is beautifully displayed and can be conveniently seen by so many people."





# Spring



K L S O I L L I R P A D U O L C R R  
I D T C E S N I O S H O V E L G A L  
T P R G O F W O R M Z S W D N L H G  
E B U A R E W O H S T A E I L T V A  
B E L D I X P F T O H E R I R W X R  
I B W O D N H I O T S P P A P S M D  
R R A V O L C R C W S R E K L E A E  
D L R I W M E O O N E F C L A A R N  
E E M O M A Y B A T I I C F N S C G  
N A B L L Y N R A T H C S L T O H R  
E F U E I I E C S C D I G P I N J O  
S F T T A T H A T C H P W S R L R W  
T R T R A W D A F F O D I L T O A K  
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I K R L G N S F R A I N Y E O E R T  
Z C F K X D Q A P I L U T X G E E M  
M C L M E T S L L A B E S A B G Q D  
O M Y F L O W E R G A L L E R B M U

APRIL  
BASEBALL  
BIRD  
BLOOM  
BUTTERFLY  
CATERPILLAR  
CHICK  
CLOUD  
DAFFODIL  
DIG  
EARTH  
EGG  
FLOWER

FOG  
GARDEN  
GROW  
HATCH  
INSECT  
KITE  
LEAF  
LILAC  
MARCH  
MAY  
NEST  
PICNIC  
PLANT

PUDDLE  
RAINBOW  
RAINCOAT  
RAINY  
ROOTS  
SEASON  
SEED  
SHOVEL  
SHOWER  
SOIL  
SPRING  
SPROUT

STEM  
STORM  
SUNSHINE  
THAW  
TULIP  
UMBRELLA  
VIOLET  
WARM  
WATER  
WEED  
WIND  
WORM

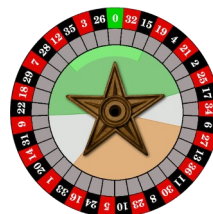




# Las Vegas Day

Sponsored by Bennington ELKS

Thank you to all who participated.





## ***Upcoming Events***

**Vietnam Veterans Association  
Remembrance Day  
Saturday, April 4, 2015 at 1:00 PM  
Ceremony outside at Flag Poles**



## ***Looking Ahead***

**Bennington ELKS Dinner  
Sunday, May 3, 2015 at 12:00 PM  
More Information to Come**

## **Valor Presents:**

### **“Make Wet-on-Wet, Oil Painting your Hobby”**

By: William R. “Bill” Brown II

Saturday, April 25, 2015 at 2:00PM  
Located in the Crispe Room  
Open to the Community



William Brown II had an interest in art since childhood. He was inspired by Bob Ross's wet-on-wet technique. After his retirement from the Armed Forces in 1994 Bill took his first oil painting class in 1998. The Bob Ross technique was his first exposure to oil paints. He loved that a painting could be completed in a relatively short period, the techniques and process easily understood, then applied. He dabbles in several medians but loves landscapes, enjoys composing beach scenes, lighthouses, some still life, and floral patterns. He likes to paint on wood and slate, as well as canvas.

## ***Easter Lunch***

Baked Virginia Ham  
Whipped Sweet Potatoes  
Buttered Green Beans

**Alternative**  
Roast Turkey

**Dessert**  
Carrot Cake

**Are you joining your loved one for the Easter Lunch?**

**One** complimentary meal will be offered and up to three individuals may accompany a veteran/member with a fee of \$10.00 per person.

Please order guest meals at the receptionist's desk



## **JUST FOR LAUGHS....**

**Officer:** “Soldier, do you have change for a dollar?”

**Soldier:** “Sure, buddy.”

**Officer:** “That’s no way to address an officer! Now, let’s try it again!”

**Officer:** “Soldier. Do you have change for a dollar?”

**Soldier:** “No, Sir!”

